

Instructions: Record the following information for **each drink** on the reverse of this card – it should take less than 1 minute per drink. As much as possible, record this information at the time you are drinking. If that is not possible, please complete the information as soon as you can.

For each alcohol beverage, write the date, the time you start drinking and the specific type of drink. Estimate how many ounces of alcohol are in each drink. A standard beer is 12 ounces, wine is 4 ounces, and a single-shot mixed drink has about 1 to 1¼ ounces of alcohol. These would be equivalent to one standard drink.

Once you have recorded information about the drink, take a moment to jot down where you are (restaurant, bar, party, etc.), whom you are with (alone, friends, strangers, family), and what your mood is when you start drinking (happy, sad, anxious, angry, bored, etc). Feel free to add any comments that help explain the situation more fully.

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